

## Special Issue

# Progress in Rehabilitation Interventions for Heart Failure

### Message from the Guest Editors

Heart failure remains one of the leading public health challenges worldwide, with a significant impact on patients' quality of life, functional capacity, and the sustainability of healthcare systems. Despite advances in pharmacological and surgical treatments, hospitalization and mortality rates remain high, highlighting the urgent need for complementary approaches focused on rehabilitation and comprehensive management strategies, from basic to applied research. Over the past decades, rehabilitation interventions have shown a pivotal role in improving exercise capacity, reducing symptoms, and optimizing prognosis in patients with heart failure. Supervised exercise programs, technology-based therapies, nutritional interventions, and interdisciplinary strategies have demonstrated promising outcomes; however, important gaps in the scientific evidence persist and demand further systematic and multidisciplinary exploration. This Special Issue aims to bring together original research articles and systematic reviews addressing recent advances, methodological innovations, and future perspectives in cardiovascular rehabilitation for heart failure from basic to applied research.

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### Guest Editors

Prof. Dr. João Morais

Dr. Jhonatan Betancourt-Peña

Dr. Iago Portela

Dr. Mauricio Hernández-Carrillo

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### Deadline for manuscript submissions

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## Life

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